

Zumba with Melanie & Andrea

Wednesday's 7-8 pm @ Rolesville Community Center

Saturday 9 – 10 am, May 11th

\$5/participant (pay at the door)

\$2/child for child care for those participating in Zumba class

What is a Zumba fitness class like? It's a very exciting dance party atmosphere full of Latin, international, and Top 40 music. You'll forget you're working out with the sexy but simple moves to dance music. Best of all, you don't need any previous dance experience!

It's fun and effective, using interval training combining fast and slow rhythms for an effective aerobic workout while at the same time targeting your legs, abs, glutes and arms.

The workout is basically watch and follow. The moves are repeated often enough for you to catch on and they're not complicated. The routines are repeated week after week with additions every now and then to spice things up even more!

According to the Zumba website, "Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be 'FUN AND EASY TO DO' in order for Zumba participants to stick to the Zumba fitness program to achieve long-term health benefits. Zumba is not only great for the body, but it is also great for the mind. It is a 'feel happy' workout."